

Lowcountry Beacon

Community Connections



On the Cover
Lt. Cmdr. Mark Watson at the MCCA Fall Festival

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*Capt. Joan R. Queen
Commanding Officer*

A Message from the CO

A Season for Community

With the holidays upon us, it seems a fitting time to reflect on our community. This is the time of the year when we look to our community for comfort and joy. Whether we cherish spending time with our loved ones, or we open our hearts to strangers in need by sharing the season's bounty, community is truly the heart of the season.

Community means different things to different people, and it can come in all shapes and sizes. It can be the family into which you were born or the military family with whom you serve. It can be neighbors on the street where you grew up or the friends you make at a new duty station. And it can also be people in need to whom you extend a helping hand. However you define it, community is what anchors us to our fellow human beings and creates a sense of belonging to something greater than ourselves.

One community which I am proud to be a part of is Naval Hospital Beaufort. I like to think of NHB as one large, very diverse family. Our staff consists of some of the finest people I have come to know and each individual contributes to making our hospital one of the finest in Navy Medicine. I am also proud of how many of you are involved in the larger community, whether it's our Honor Guard performing at a community event, civil servants lending their voice to a public celebration, or individuals volunteering their time to improve the lives of those less fortunate. Staff at Naval Hospital Beaufort truly embodies our motto, "always caring."

I am also happy to be part of the Tri-Command community. With our brothers and sisters in service at both Marine Corps Recruit Depot Parris Island and Marine Corps Air Station Beaufort, we stand together in support of our great nation. Naval Hospital Beaufort is honored to provide quality health care to Marines and their families, keeping our community health. We enjoy the many opportunities to build stronger relationships with our Tri-Command family by taking part in community events, like fall festivals and Depot Windshield Tours.

I am also excited to be part of the Beaufort and Port Royal communities. These two cities truly support the military and have embraced Naval Hospital Beaufort while warmly welcoming our Sailors and their families as part of their communities. We take part in local parades and festivals, both as an organization and as individuals. Many of the staff volunteer often with a variety of city events and charitable activities, making Beaufort and Port Royal their home away from home.

During this season, when so many of us are far from home, I encourage everyone to truly embrace your community. Whether you have family here or a group of great new friends, share the warmth and joy of the season by spending quality time with them. Enjoy the seasonal activities that Beaufort and Port Royal have to offer during this festive time; get involved, participate, and find your place in the local community. However you choose to celebrate, I wish you the best during this holiday season and I thank you for letting me be part of your community.



Our Mission

To provide safe, efficient, effective patient and family centered health care while ensuring operational readiness.



A Note from the XO



*Capt. Edward D. Simmer
Executive Officer*

Watch Night: Naval Hospital Beaufort Celebrating the History of Our Community

The Naval Hospital Beaufort compound has a rich history dating back well before it was a naval facility. Indeed, with Native American sites and a British fort from the 1730s, these 127 acres have played a role in the history of the Beaufort area for at least the past several hundred years. Perhaps no single event is more meaningful, however, than “Watch Night”.

Watch Night is a religious ceremony that is celebrated on the evening of December 31st, ending at midnight. The ceremony started with Moravian Christians in the 17th Century, and was made popular by John Wesley, the founder of the Methodist Church. The first Watch Night in the United States was reportedly celebrated at Old St. George’s Church in Philadelphia. These early Watch Night celebrations were designed to focus Christians on the strength of their faith.

Watch Night took on a new meaning on December 31, 1862, as African-Americans anxiously awaited the implementation of the Emancipation Proclamation by President Abraham Lincoln. The Emancipation Proclamation freed slaves in those parts of the Confederate States that were under Union Control as of January 1, 1863.

The Union had invaded Port Royal, SC and occupied Port Royal and Beaufort in November 1861 in what the *New York Times* described as “Glorious News from South Carolina”. They remained under Union control for the rest of the War, so the slaves here were officially freed by the Emancipation Proclamation on January 1, 1863.

The 1st South Carolina Volunteers, one of the first African-American units in the Civil War, was made up mostly of escaped slaves, and was encamped on what are now the Naval Hospital Beaufort grounds at Camp Saxton. Many African-Americans from the Beaufort area, along with at least some other Union supporters in the Beaufort area, gathered at Camp Saxton for a Watch Night celebration in anticipation of the reading of the Emancipation Proclamation the following day.

On January 1, 1863, under a large oak tree which still stands on base today, the Emancipation Proclamation was read to the large crowd that was gathered; this is one of the first places in the South where the Proclamation was read.

Thus Watch Night has a particularly important place in the history of Beaufort, which was one of the first places in the South not only where it was read, but where former slaves were actually freed from bondage.

To this day, area churches celebrate Watch Night with special services and a reading of the Emancipation Proclamation on December 31st.

This year marks the 149th Anniversary of that momentous event, and Naval Hospital Beaufort will be joining with our community in celebrating Watch Night. Every Friday at 0800 we have a “Colors” ceremony where we honor the country we serve as the American Flag (the “Colors”) is raised with the National Anthem being played.

Immediately after Morning Colors on Friday, December 30th, we will have a Watch Night ceremony that will include the reading of the Emancipation Proclamation and a presentation about the events of January 1, 1863. Those in attendance can then, if they wish, visit the actual site of the original reading on our compound. The public is invited to attend and share this commemoration with us. Attendees should plan to arrive by 0745. To attend, just call our Public Affairs Officer, Ms. Regena Kowitz, at 843-228-5306, or by e-mail at regena.kowitz.ctr@med.navy.mil. We hope to see you there!

Sources:

Snopes.com (www.snopes.com/hoildays/newyears/watchnight.asp)

Wikipedia.com (http://en.wikipedia.org/wiki/Watch_Night)

New York Times, November 12, 1861, page 1

Naval Hospital Beaufort Archives

A Word from the CMC

When you hear “PTS,” what is the first thing that comes to mind? Most would say, “Perform to Serve.” PTS is the end strength force management tool that utilizes performance criteria within individual ratings and year group to ensure long-term sustenance of experience throughout our Navy.

What PTS means to me is, “proud to serve” others. Proud to serve this great nation and proud to serve my community. Often, we as service members serve on ships, submarines, planes, and at fixed facilities, at home and abroad. Have you ever thought about “proud to serve your community”?

Community is not only where you live or work, but it can also be where you make a difference. Collectively, Naval Hospital Beaufort has done just that. We have an indelible footprint in our community. We serve our community in different organizations and associations, in schools, marching in parades, building and restoring homes, feeding the hungry and donating food, and, most importantly, just being there when we are needed. So, I challenge us all to serve in any capacity in our community because you may be serving today the very one who may serve you tomorrow.



*CMDCM(SW/FMF)
Tyrone Willis*

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Lowcountry Beacon

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U.S. Naval Hospital Beaufort*

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Chaplain's Corner



The Community Connection: Enhancing Your Well-Being

By Lt. Jennifer Dolder

Community is an essential element to our well being. It can provide for our physical, emotional, mental, social and spiritual needs. For most of us, we are naturally born into a

community, which is our family. It is in this community we hopefully find love, safety and a feeling of belonging. It is from our family that our self-identity and self-esteem develops. This is why our family community is so important for ourselves and our children.

From our family we quickly learn to be a part of other communities, such as, school, work, sports and church. How we learn to interact within the family will teach us much about interacting in the other communities.

It is within community that we can meet others with common interest and build relationships. Creating, building, and sustaining community should be a personal and professional priority in our lives. We naturally gravitate toward communities that make us feel welcome and provide a feeling of belonging. Some of those communities can provide a positive environment while others are less than ideal. Seeking to provide a positive community for our children while being part of positive communities can provide a healthy environment for us and our children and ultimately enhance our well being.

Think for a moment about what type of family community you grew up in. How has that influenced your choices you have made in the past and make today? How can your involvement with your own family help foster a positive environment for your children? For those who are single, think about the communities you are involved in presently. Are they a positive or negative environment to be involved in?

Being part of a transit community that is the military, can create some challenges for sustaining long-term connections to a given community. However, having a game plan to connect with other communities at your new duty location should be part of your thoughts when moving. Your ombudsman and chaplain are key individuals to help you and your family connect to the local and faith communities.

Seeking to provide a positive community for our children while being part of positive communities can provide a healthy environment for us and our children and ultimately enhance our well being.



One of the many Thanksgiving baskets donated by the NHB staff to support those in the hospital community in need this holiday season.

Community Connections

By Regena Kowitz

com·mu·ni·ty: a unified body of individuals: *b* : the people with common interests living in a particular area: *c* : an interacting population of various kinds of individuals (as species) in a common location: *d* : a group of people with a common characteristic or interest living together within a larger society. (Merriam-Webster)

Based on Merriam-Webster's definition of community, Naval Hospital Beaufort (NHB) is the living embodiment of community. Of course, it's not really the hospital itself, a building of brick and mortar sitting behind security gates well off the hustle and bustle of Ribaut Road that defines community. It's the people working within its walls that bring it to life every day delivering quality patient care who are the true heart and soul of the hospital and thriving members of their communities.

An Interacting Population

A sense of community can be the tie that binds people to their location and gives them a sense of belonging. For the most part, humans like to belong and be part of something bigger than themselves. For those in the military, who move like nomads every few years, finding that sense of belonging can be a challenge. But, it's not impossible, as many Sailors and civilians from the hospital have discovered by embracing the Lowcountry, interacting with the local population, and becoming active participants in community events.

One of the biggest local events around is the annual Beaufort Water Festival, which celebrates the area's waterways with activities, food, and plenty of fun. Every year, dozens of hospital staff, active duty and civilian alike, volunteer to make the event a success

including the Naval Hospital Beaufort Chief Petty Officers Association whose members got involved and helped serve dinner at one of the festival's large events. Hospital Corpsman 1st Class Donna Patrick, who works at Branch Health Clinic Parris Island and has been a fixture at the festival volunteering for the past seven years, truly understands the importance of community.



NHB Sailors march in the Beaufort Veterans Day Parade, Nov. 10, 2011

A sense of community can be the tie that binds people to their location and gives them a sense of belonging.

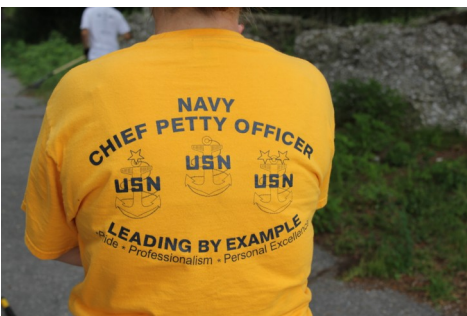
"It's always good to become involved in the community where you're stationed," says Patrick. "It gives you a chance to get out and meet great people, have unique experiences and show your appreciation for the support the community provides. Military towns tend to have great military support networks, a sincere appreciation for the military personnel, and it's nice to be able to do something for them in return."

A Unified Body of Individuals

In addition to the individuals from NHB who find their place within the local community, there are several groups of people at the hospital who work together to support the community with their talents. Two such groups at NHB are the Honor Guard and the Naval Hospital Beaufort Choir. Both the Honor Guard and Choir have made a place for themselves in local communities by lending their talents to a variety of public and private events.

The NHB Choir frequently performs at local ceremonies and celebrations, lending their combined voices to uplift and strengthen the community, as it did recently at the City of Beaufort's 9/11 commemoration.

(Continued on page 7)



Community Connections (cont.)



Historic Fort Frederick is adjacent to NHB grounds. Chief Amanda Hughes, command historian, conducts monthly tours that are open to the local community.

This group is made up of mostly civilian staff who strive together to embody the hospital's mission of compassion and caring.

"We have had active duty, family members, retirees, civil service, and contractors come together on our personal time to give not only NHB, but the Tri-command and community our very best," said Vivian Watts, choir director and health promotions specialist at the hospital. "We are not just members of the choir,

"I think it's important for us to share the great history of Naval Hospital Beaufort's compound...we have sites that span from early Native American, Colonial, Revolutionary War, Antebellum, and Civil War eras..."

Chief Amanda Hughes, command historian

military and local communities with performances at retirement ceremonies, local parades, change of command ceremonies, funeral services, and many other events that require a dose of patriotism. These Sailors can have a profound impact on the community with the professionalism, diligence, and care with which

but we have grown to be a family in our own unique way. Every member of the choir has been faithful in helping to encourage the hearts of every listener and it allows us to prove that we are "always caring."

The NHB Honor Guard, made up of over two dozen Sailors, is always ready to support both the

they perform their duties.

"I volunteered to give the flag to the next of kin while reciting a speech," said Hospitalman Robert Carlos, a member of the Honor Guard who works in Patient Administration. "There were over 20 people at this funeral for an Army soldier who was killed in action. After presenting the flag and giving the speech to the mother, who was crying for the loss of her child, she said, 'thank you.' It felt like that day I did something for my country."

Common Interest in Local History

A community's history plays an important part in shaping its character, which is certainly true in the Lowcountry. Among the Sailors who have embraced the community through a passion for its rich history are Capt. Edward Simmer, the hospital's executive officer, and Chief Amanda Hughes, the command historian.

As command historian, Hughes works with community organizations including the Beaufort Historical Society, the Historic Beaufort Foundation, and the Beaufort County Library as she conducts research to discover details about the hospital site's past. She also volunteers to conduct monthly tours of the historic sites on the hospital compound as well as Fort Frederick, a 280 hundred year-old structure, which is accessible through the hospital's grounds and difficult for those without base access to view.

"I think it's important for us to share the great history of Naval Hospital Beau-

fort's compound," said Hughes. "We have sites that span from early Native American, Colonial, Revolutionary War, Antebellum, and Civil War



NHB Honor Guard perform for the Military Order of the Purple Heart, MCRD Parris Island, Aug. 8, 2011.

(Continued on page 8)

Community Connections (cont.)

eras, and we shouldn't keep them to ourselves. Giving these tours is a way for us to do that and to give back to the local community," Hughes added.

Simmer and his wife Peggy, who are active in the Historic Beaufort Foundation and the Beaufort County Historical Society, have volunteered as tour guides for the foundation's Historic Homes Tour.

"History is a key part of the 'fabric' of a community, and by preserving and interpreting our history, we honor those who have come before us," said Simmer. "This is where we live, and, we have a responsibility to help make it the best community it can be for everyone."

Living Together Within a Larger Society

In addition to the myriad involvements NHB staff has with local civilian communities, many are also involved with a community a little closer to home - the Tri-Command military community. This community within a community, comprised of NHB, Marine Corps Recruit Depot Parris Island, and Marine Corps Air Station Beaufort, is made up of the active duty Sailors, Marines, and their families who are currently stationed in the Lowcountry.

Within the Tri-Command, there are plenty of activities that bring service members and their families together, creating a strong sense of belonging. From fall festivals and events at the local schools, service members looking for a sense of belonging need look no further than the nearest military installation to get involved in their local military community.

Recently, when Bolden Elementary/Middle School, a Department of Defense (DoD) school on Laurel Bay, decided to offer team sports to students, staff from the hospital's Medical Home Port assisted this community endeavor by providing sports physicals at a convenient location - the school.

Lt. Cmdr. Jack Page and Ms. Karen Pressley, pediatric nurse practitioners with the hospital's Medical Home Port, both volunteered to conduct head to toe physicals, ensuring that participating Bolden middle-schoolers were physically fit and ready to play.

"I really enjoyed being here and helping out," said Page. "The Medical Home staff really wants to do whatever we can to support our patients and meet their needs."



Lt. Cmdr. Jack Page adding a little fake blood to a pretend wound the MCRD Fall Festival, Oct. 28, 2011

The Marine Corps Community Service (MCCS) Fall Festival provided a fun-filled opportunity for NHB staff to get involved with the military community. Military children, all decked out in Halloween costumes, were able to fill up on sweet treats while enjoying the hospital's "mummy moulage" activity. Page was on hand again, along with Lt. Cmdr. Mark Watson, to wrap up willing children like little mummies with rolls of gauze and a little fake blood.

Participating in events on base allows NHB staff to strengthen their bond with their brothers and sisters in service. No matter where military families find themselves transplanted, they can always count on the support and fellowship to be found within their local military community. After all, no one understands the military lifestyle quite like those who live it and there are few, if any, communities with a greater sense of camaraderie than the military community.

Breathing Life into Community

Community involvement brings people together and forges bonds that strengthen not only the community, but also the individuals who collectively make up that community. The Sailors and civilians who are the heartbeat of Naval Hospital Beaufort breathe life into the community whenever they give their time and talents to local events, ceremonies, activities, and endeavors, making the Lowcountry a great community for everyone.

Sailors of the Quarter



Senior Sailor of the Quarter
HM1 A. Morris



Junior Sailor of the Quarter
HM2 C. Lockhart

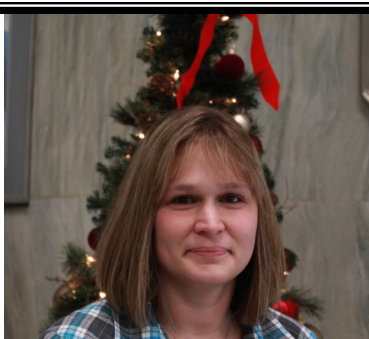


Blue Jacket of the Quarter
HN M. Scott

Civilians of the Quarter



Senior Civilian
Mr. Larry Rowley
MCRD Dental Supply



Civilian
Ms. Anya Craven
NHB Information Technology



Contractor
Ms. Vivian Watts
NHB Health Promotions

Education and Training Department (EDTRA)

Command Indoc:

- Dec. 5-9
- Jan. 9-13
- Feb. 6-10

New personnel are required to attend Command Indoc within 30 days of check-in to the command as instructed by BUMED.

ACLS Classes:

- Instructor – Feb. 1
- Provider – Feb. 2-3
- Refresher – Mar. 1

BLS Classes are offered every month. Please look at the EDTRA Calendar on the intranet for exact dates

PALS Classes:

- Instructor – Dec. 7
- Provider – Dec. 8-9

Please check the EDTRA calendar on the intranet for other classes not listed and if you need to reserve a room

for a meeting or event.

ABFC Williams is in charge of GMTs so contact him at 228-5616/7616 for any details and schedules.

EDTRA will be moving to the main hospital old pharmacy location on the first deck in Feb. 2012, for approximately one year during reconstruction of EDTRA building. This means classes will be conducted in various rooms in the hospital.

Note: All participants must register through DMHRSi for all classes. All active duty and GS employees will be turned away if DMHRSi enrollment is not completed.

Remember: Your training record is your responsibility, so contact your department training representative to review your record to ensure accuracy by using the training record audit which your training representative can provide. Annual competencies are required to be signed off during annual enlisted EVALs/civilian PARs/officer FITREPs.

Department in the Spotlight: Health Promotions

By Regena Kowitz

Naval Hospital Beaufort's award-winning Health Promotion Department helps maintain a healthy and fit force by encouraging a culture of healthy lifestyles. The department has two fulltime staff members, Ms. Ivette Moore, the health promotion coordinator, and Ms. Vivian Watts, the health promotion assistant. Together, they work hard to ensure that Sailors, civilian staff, and NHB beneficiaries have access to all the tools, information, and resources they need to achieve and maintain a healthy lifestyle.

In 2008, 2009, and 2010, NHB's Health Promotion Department was awarded the Navy Surgeon's General's Blue H Award, Gold Star for their efforts.

One way the department works to achieve its goals is by coordinating special events. Every year, Health Promotions offers a variety of events to bring awareness to health-related issues and provide education to beneficiaries. These events

include the annual Health & Wellness Fair, healthy challenges like "Crews into Shape," healthy lunch workshops, fitness walks, and more.

The department also offers staff and beneficiaries several options to work some exercise into their lives. On the hospital's second deck, at the end of the Health Promotion Department hallway, there is a fully equipped fitness center, which is open from 0500-2200, complete with treadmills, exercise bikes, free weights, and other machines. The department also offers several group fitness classes every week to include indoor cycling, dance aerobics, and more. Classes and the fitness center are open to all hospital staff as well as eligible beneficiaries including family members and retirees.

Health promotions also teaches several classes on topics that are vital for beneficiaries desiring to live healthier lives by kicking unhealthy habits and managing specific health-related conditions. Classes include tobacco cessation, weight management, healthy heart, and diabetes education.

To learn more about all that Health Promotions has to offer, call 228-5344/5486.



NHB Staff celebrate the hospital's first anniversary of being a tobacco-free campus at the annual Health & Wellness Fair, Sept. 15, 2011

Command in the Community



Sailors from NHB march in the City of Beaufort's annual Veterans Day Parade, Nov. 10, 2011

Naval Hospital Beaufort is very active in the local community, which is why when the City of Beaufort requested that Naval Hospital Beaufort's Sailors march in their annual Veterans Day Parade, NHB Sailors came out in full force — just over 100 in all.

In addition to the marching Sailors, the Naval Hospital Beaufort's Honor Guard took part in the parade too, leading the way for hospital staff as they carried the colors.

Sailor in the Spotlight: HM1 Heather Tapp

By HMCS Troy Murphy



Where is your home town? Pavillion, Wyoming

How long have you been aboard NHB? 2 years, 8 months

Years of Naval service? 12 years, 10 months

Where do you work? Preventive Medicine

What do you enjoy most about your job? I enjoy the

diversity of my job and the professionalism of those I work with on a daily basis.

What do you do in your off-duty time? Family time!

What is your favorite movie I love movies about horses like “Seabiscuit” and “Secretariat.”

What is your favorite food? Brookies and mule deer.

Share something interesting about yourself! I grew up on a small farm in the middle of Wyoming and I absolutely love horses. I competed all over my home state in barrel racing and pole bending.

What Chief Fancher has to say:

She puts her heart into everything she does and dedicates herself completely to every task assigned. I wish I had more Sailors like her!

Civilian in the Spotlight: Ms. Vivian Watts

By HMCS Troy Murphy

Where is your home town? Tallahassee, Florida

How long have you been aboard NHB? 6 years

Where do you work? Health Promotions

What do you enjoy most about your job? I enjoy making a difference in the healthy lifestyles of active duty, family members, retirees, and government employees by encouraging, motivating, and listening to their needs.

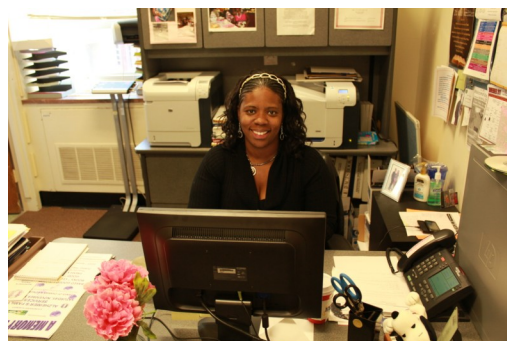
What do you do in your off-duty time? I volunteer at my church and in the community. I love spending time with children. I also love singing with the NHB Choir.

What is your favorite movie? “Last Holiday”

What is your favorite food? Seafood

Share something interesting about yourself!

I am a single parent pursuing my masters degree and have managed to support my children, my ministry, and my job in a balanced lifestyle.



What Cmdr. Aune has to say: Our department promotes, protects, and maintains the health of Sailors, Marines, retirees, and their families. Ms. Watts impacts these components daily while conducting group and individual fitness assessments, acquisition of supplies, networking with the community, and serving as an overall ambassador for health.

Health Promotion & Wellness

What's Your Wellness Month?

By Ivette Moore



December is Drunk and Drugged Driving Awareness Month

If you are planning on celebrating the holidays by drinking alcoholic beverages, using a designated driver is a smart move. Impaired driving continues to be one of the deadliest crimes in

America. According to the National Highway Traffic Safety Administration, in 2005, 16,885 people died in alcohol-related highway crashes. Of those, nearly 13,000 people died in traffic crashes involving a driver or a motorcycle operator with an illegal blood alcohol concentration of 0.08 or above – the legal limit throughout the U.S. Overall, 39 percent of all traffic deaths last year involved alcohol.

The deadly risks and costly consequences of driving while impaired are far too serious. If you know you are going to participate in social events that involve alcohol, plan ahead and designate a sober driver. But you need to be careful who you choose: remember the designated driver is not the person who's the most sober – it's the person who didn't drink! You don't have to be drunk to be affected by alcohol. You might feel normal but no one drives as well after drinking alcohol. Keep the holiday season safe for you, your family and other commuters.

January is Health Weight Month

One of the most popular New Year's Resolutions is losing weight, particularly after the feasting most people do over the holiday season. Here are a few tips to help you stick to your resolution:

If you're looking to lose weight, take small steps and be realistic. For example, if your goal is to lose 30 pounds, start by planning to lose 2 pounds per week. This small goal builds a sense of accomplishment and makes weekly results achievable.

Plan to exercise at times when it is convenient for you. If you are not a morning person, do not plan to work out early in the morning or you'll just be setting yourself up for failure.

Keep your motivation and energy to exercise by eating well. Eat a breakfast that includes whole grains and fruit. Make sure you have a healthy snack an hour before your noon or after work-workout.

Cross train to avoid boredom. Challenge yourself and go the extra mile every day!

February is Heart Month

Risk factors for heart disease and stroke include high blood pressure, cholesterol and glucose levels; smoking; inadequate intake of fruits and vegetables; being overweight or obese; and physical inactivity.

Taken together, these major risk factors account for around 80% of deaths from heart disease and stroke. If you have any of these risk factors, or you think you might, make sure to discuss them with your primary care provider and find out what you can do to reduce your risk of heart disease. An ounce of prevention is worth a pound of cure!



Go Red for Women

Heart disease is the leading cause of death in American women. Eighty percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise, and abstinence from smoking. Make it your mission to learn all you can about heart attacks and stroke — don't become a statistic.

For more information visit: http://www.goredforwomen.org/about_heart_disease_and_stroke.aspx.

Safety

Driving Safely in Our Community – School Buses

By Sue Hollingsworth

During my morning commute, I have personally observed confusion among motorists regarding school buses, particularly on four-lane roadways. The confusion often escalates into frustration, and in some cases, varying degrees of “road rage” such as screaming choice words, laying on the horn and/or display of creative hand gestures.

The law changed several years ago and I suspect a great deal of the confusion lies with the more seasoned drivers accustomed to older regulations where every driver regardless of direction of travel stopped for a school bus with flashing lights – no matter what! It’s also possible that folks new to the area are unfamiliar with the current law.

In South Carolina, any motorist traveling **behind a school bus must stop** when the bus uses its flashing amber or red lights, regardless of the number of lanes in the roadway. Drivers approaching a stopped bus with flashing red lights **from the opposite direction**

on a two-lane road must also stop.

The only motorists who do not have to stop are those approaching from the opposite

direction on a multi-lane highway (two lanes or more in each direction) or multi-lane private road. After stopping for a school bus, motorists must not proceed until the bus’ flashing red or amber lights are turned off or the bus resumes moving. The law also requires school districts to drop students off or pick students up on the side of the street they live on, so they do not have to cross lanes of traffic.

If I haven’t gotten your attention yet – perhaps the impact to your wallet will. *The minimum fine for passing*

a stopped school bus in South Carolina, first offense, is \$500 or 30 days in jail. Second offense is an appearance in General Sessions Court, \$2000-\$5000 fine or possible imprisonment of 30-60 days.

And finally, remember that children are always unpredictable. They don’t know the law and may still dash out into the roadway. Approach stopped buses with caution, even if you are not required to stop.



SCHOOL BUS SAFETY

Do You Know When To Stop For A School Bus?

Two Lane Road

Four Lane Road

Motorists must always stop when they are traveling behind a bus with flashing amber or red lights. When they are approaching a stopped school bus with flashing red lights from the opposite direction, drivers must stop if they are on a two-lane road.

If motorists are on a four-lane (or more) highway or private road and meet a stopped school bus, they do not have to stop. However, drivers should slow down and proceed with caution.

South Carolina Highway Patrol

DAPA Debrief

Beating Boredom in Beaufort

By HM1 Adam Morris

First of all, I want to say welcome to all of the newly reported personnel. If you haven't

noticed yet, Beaufort is a very beautiful small town.

There are tons of activities for those who are single and for those who are married and have children. During every Command Indoctrination that

I attend, one of the concerns is that there is nothing to do in Beaufort. This is a big concern for not only this command but many small Navy commands.

It seems that most of the individu-

als I talk to who have had alcohol related incidents expressed that boredom led them to their decisions. "There is nothing else to do in Beaufort, so why not drink?" That has been the majority of responses. However, there are many things to do in the Lowcountry that do not involve excessive alcohol consumption.

For instance, MCCS has the Single Marine and Sailor Program that offers frequent trips and puts on events for our single members. For those who are married with children, there are a multitude of events throughout the year in Beaufort, Hunting Island, Hilton Head,

Savannah and other outlying cities.

There have been too many incidents that happened because, "I had nothing else to do." All it takes is some research and you will be amazed at all of the activities and events in the Beaufort area.

As Sailors, we should be a positive reflection of the Navy in our communities. Of course, if you are 21 or older, the Navy only asks that you drink responsibly. For those who are under the age of 21 there is to be no alcohol consumption. Step out and enjoy the local festivities in your temporary community and make sure you do not put yourself in a situation that may compromise your Navy career.



For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPAs HM1 Adam Morris at (843)228-5683 and HM1 Carlos Aguilar at (843)228-5499.

Patient Safety

Patient Identification

By James Weiss

Naval Hospital Beaufort fosters a culture and creates an environment that promotes patient safety throughout every department. Our staff receives ongoing training on patient safety issues so they can deliver high quality health care in a safe manner. But, as the saying goes, it takes a village, which is why patients must be their own best advocates when it comes to patient safety.

When it comes to receiving ancillary services at either the pharmacy or the lab, patients can play an important role in making sure they receive excellent care by ensuring that staff verifies their patient identification. This means every time a patient picks up a prescription or has lab work done, the staff working with them must ensure the patient is the right patient by asking them their name and date of birth. These two identifiers must be matched to a reference document such as a lab request. Additionally, when blood is drawn, the technician must label the specimen in front of the patient using the two patient identifiers, name and date of birth (please note that the social security number is no longer used in patient identification).

Remember that each of us must be our own best advocate when it comes to safe patient care.



Happy 236th Birthday, U.S. Navy!

By Regena Kowitz

On October 22, Sailors, Marines, and civilians alike gathered at the Westin Spa and Resort, Hilton Head Island, to celebrate the U.S. Navy's 236th birthday. This annual birthday bash included pomp, ceremony, delicious food, good company, dancing, and, of course, a very large cake!



HMI Ioana Champagne sings the national anthem.



The cake



NHB staff, friends, and family dance the night away

Quarterly Deployment Brief & Dinner

What: Quarterly Deployment Brief & Dinner

- The main course and drinks will be provided. As this is potluck-style dinner, side dishes, salads, and desserts are requested.
- Childcare will be provided on-site at no cost.
- Appropriate casual civilian attire is authorized.

Why: To encourage dialogue between NHB Staff members, spouses, sponsors and local military family support personnel.

When: Jan. 12, 2012, 1800 - 2000. Dinner will be served 1800 – 1845, followed by a short brief from multiple resources.

Who: Service members who have orders to deploy and their sponsor are required to attend (if you attended the Oct. 11, 2011 brief, you are not required to attend). Spouses and those NHB personnel that have returned from deployment within the last 6 months are highly encouraged to attend.

Recognition during normal working hours of Jan. 12, 2012: The CO has authorized (and highly encourages) the wearing of whatever the Uniform of the Day was while deployed.

RSVP to LTJG Kerry N. Miller at kerry.miller@med.navy.mil by Jan. 5, 2012. Please include the number of people in your group and, if it's your intent, what you will bring to assist with dinner. Also, if you need child care, please indicate as such.



Historic Highlights

A Community Goes Through Many Changes

By HMC Amanda Hughes

The land on which Naval Hospital Beaufort stands has been home to many different communities over the centuries. Native American Indians used this site on the bluff of the Beaufort River to gather and preserve the oysters harvested from the river. We know this because of the archeological studies done to the area which found two midden sites (trash or kitchen heaps).

During the early colonial period, this site, thru Fort Frederick, was used as a resupply point for the British Army. A relatively small fort, it measures 125 feet by 75 feet with an obvious bastion on the southwest side. The eastern wall was lined with a battery and cannon. Ultimately Fort Frederick was only manned for 20 years and was replaced by Fort Lyttleton about two miles to the north.

After the Revolutionary War, the land was sold to Captain John Joyner who willed it to his only grandson, John Joyner Smith, upon his death in 1796. John Joyner Smith built his 700-acre Old Fort Plantation on this land sometime between 1796 and 1825.

After the Battle of Port Royal, in November 1861, the land and buildings of Old Fort Plantation were confiscated by the victorious Union Army. The new name given to this land was Camp Saxton. The camp was occupied by the Union from November 1861 until the end of the war and was the place where African-American slaves, who were left on the abandoned plantations of their owners, came to enlist in the Army. These individuals eventually became the 1st and 2nd South Carolina Volunteers, the first black regiments

mustered into regular service in the United States Army during the Civil War.

On August 22, 1862, Secretary of War Edwin M. Stanton authorized General Rufus Saxton to “arm, equip, and receive into the service of the United States such volunteers of African descent as you may deem expedient, not

former slaves who once worked in the plantation’s fields. This land was passed on within their families until 1945, when the United States government purchased about 127 acres along the west bank of the Beaufort River to erect a naval hospital at an estimated total cost of \$7.2 to \$10 million.

Our compound is one of the few military hospitals that is a complete military compound in itself. Located within the grounds are 53 family housing single story units; a bachelor enlisted quarters; a Navy Exchange retail store, optical shop, gas station and mini –mart with package store; and Navy Federal Credit Union.

This command also has its own public works division and facility. Recreational facilities include softball fields, swimming pool, lighted tennis and basketball courts, children’s playground, and a picnic area with sheltered barbeque sites. All in all, a great place for the community that lives here now.



1st South Carolina Volunteer Colored Infantry in formation at Camp Saxton in 1863

exceeding 5,000.”

The site is also home to the elaborate ceremonies held on New Year’s Day 1863, which formally announced and celebrated the enactment of President Lincoln’s Emancipation Proclamation freeing all slaves in areas then “in rebellion” against the United States. This ceremony was held under the wide branches of a grand old Live Oak tree, henceforth known as the Emancipation Oak, which still stands today.

After the Civil War, most of the land was bought by the



Aerial view of Naval Hospital Beaufort 28 Dec 1954

TRICARE Tips & Information

Traveling with TRICARE

By Richard Tyson

This time of year, many TRICARE beneficiaries travel to visit family and friends. From minor stomach aches to potentially life-threatening allergic reactions, there is a whole range of illnesses that can dampen holiday travels. Beneficiaries traveling during the holidays should know they have the same comprehensive TRICARE benefits while traveling as they do at home.

To reduce the chance of health care problems while traveling, beneficiaries should see their doctor to take care of any regular office visits or treatment for ongoing conditions before leaving town. TRICARE Prime beneficiaries get routine care from their primary care manager (PCM), while TRICARE Standard beneficiaries can go to any TRICARE-authorized provider. Regardless of the TRICARE plan, it's a good idea to get routine care before leaving home.

For urgent care while traveling, beneficiaries should contact their PCM for a referral. For Prime beneficiaries, failure to obtain a referral may cause care to be covered under the point-of-service option, which

means higher costs. When using TRICARE Standard, beneficiaries can see any TRICARE-authorized provider.



If beneficiaries need emergency care while away from home, they should seek treatment immediately by calling 911 or going to the nearest hospital emergency room. Prime beneficiaries do not need prior authorization for emergency care, but they should notify their PCM within 24 hours or on the next business day so follow-up care can be coordinated. TRI-

CARE Standard beneficiaries have no follow-up requirements after receiving emergency care.

Beneficiaries who take prescription medicine should order refills before their trip. If it's necessary to get a refill on the road, the nearest network pharmacy can be found at

www.express-scripts.com/TRICARE/.



A Community Asset: NHB's DECON Team

By HM1 John McLeod

For two days, Oct. 19 and 22, 22 members of the Naval Hospital Beaufort's decontamination (DECON) team conducted "Warm Zone" training and passed their final exercise with the excellent time of 6 minutes, 48 seconds. The command has always had some elements of DECON capability but only during the Warm Zone training did it earn the DECON LCC Certification, becoming a fully functional asset of the command and community. With the certification, the team has "the tools to make this DECON team the best in the Navy," said Lt. Cmdr. Hill, the DECON officer.

DECON is a military necessity due to a world with chemical, biology and even nuclear weapons – something the Navy has always taken seriously. However, having a trained and ready DECON team is important to NHB's local community. There is always the threat of a mass contamination from a local accident such as a turned-over tractor trailer carrying industrial material on Beaufort's busy highways. NHB's DECON team would support Beaufort Memorial Hospital's team and expand the ability of the community to deal with emergencies. More importantly, this team, staffed with medical personnel, has the ability to tackle triage combined with contamination. The Navy is always ready and NHB is always caring for its community.



Excellence in Action

HA Damon Prince
HA Danielle Tannous

HN Leona Barrett
HN Patrick Cartwright
HN Zachary Maple
HN Patricl Mishler
HN Daniel Ollis
HN Donald Tate
HN Corbin Taylor
HN Grant Truitt
HN Garrett Williams

HM3 Jason Bush
HM3 Michael Camacho
HM3 Ryan Johnson
HM3 Kirby Reynolds
HM3 Christian Rodriguez
HM3 Eytayo Sobo

HM2 Anthony Chenot
HM2 Joshua Dale
HM2 Andrew Ellis
HM2 Randy Fuhrman
HM2 Kimberly Jirak
HM2 Thorin Mayba
HM2 Anika Miller
HM2 Edgar Tucker
HM2 Kelly Wimberly

PS1 Gregory Magness

HMC John Turbeville

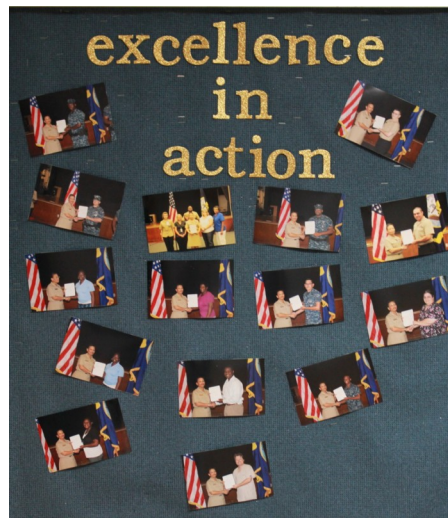
LTJG Edward Shaffery

LT Diane Davis
LT Pamela Edwards
LT Deidra Foreman
LT Denise Gripka
LT Ian Lang
LT Mayra Proano

LCDR Payton Fennell

MA2 Markus Guinn

MS. Susan Alexander
MS. Sarah Barnhart
MS. Ava Bostick
MS. Kathleen Brock
MS. Jeanine Darville
MS. Donna Delaney
MS. Knoll Duncan
MS. Heather Farrell
MS. Angela Franklin
MS. Letirce Gibbs
MS. Janice Holloway



MS. Rosemary Holmes
MS. Melissa Horton
MS. Tammi Lynge
MS. Lori McKinney
MS. Angela Moran
MS. Deborah Murray
MS. Kimberly Nicholas
MS. Karen Pressley
MS. Susan Proctor
MS. Janet Reeves
MS. Monique Royal
MS. Erlene Smith
MS. Lorene Taylor
MS. Rose Thatcher
MS. Ethel Wallace

MS. Brenda White

MR. James Benac
MR. James Danigelis
MR. Jimmy Dodson
MR. Hassel Estep
MR. Harvey Hubbard
MR. Christian Jansen
MR. Chris Murphy
MR. Richard Ritz
MR. Jerold White

Staff Anesthesia
Staff APU
Staff Emergency
Staff General Surgery
Staff Physical Therapy

Excellence in Action is an employee recognition program designed to recognize a staff member who has excelled in performance or attitude. To recognize a staff member for the Excellence in Action (EIA) program, fill out an EIA card located near ballot boxes throughout the hospital.

NHB on the Move



Hails

September, October, November

HR John Abel
HR Nicholas Abella
HR Renzo Angus
HR Amanda Brause
HR Steven Buchanan
HR Ryan Claggett
HR Fommelaka Ford
HR Johnathon Greene
HR Rafael Marrerorodriguez
HR Debrah Mitchell
HR Andrew Moran
HR Tyler Morris
HR Heather Munro
HR Christina Rumsey
HR Shawn Studer
HR Emmanuel Trader
HR James White
HR Ryan Wolff
HA Ryan Acheson
HA Brian Artienda
HA Ryan Campos
HA Jermel Cleaves
HA Gregory Dewey
HN James Feagin
HA Richard Fredette
HA Calvinklien Gacuya
HA Jaime Garciaalvarez
HA Christina Heid
HA Qilong Li
HA Edmond Maebane
HA Ronald McDonald
HA Kendall Mitchall
HA Earl Moore
HA Daniela Pimentel
HA John Porter
HA Halie Rakow
HA Ronald Sellers
HA Michah Turrell
HN Vincent Ayala
HN Rolando Ballesteros
HN Kevin Boudreau
HN Anthony Brown
HN Michael Clifton
HN James Delong
HN Leslie Dixon
HN Robert Ford
HN Skylar Gehle
HN Robert Guay

HN Matthew Habersang
HN Heath Johnson
HN Caleb Koonce
HN David Loney
HN Johnathon Luoma
HN Joseph Morris
HN Edinson Rosales
HN Joshua Smith
HN Michael Tedesco
HN Serena Yesenofski
HN Denis Zamorski
HM3 Maurice Thomas
HM3 Josue Torres
HM3 Haley Williams
HM2 Dennis Holmes
HM2 Sean McKay
HM2 Andrew Mooney
HM2 Reuben Oliva
HM2 Jacob Storey
HM1 Joseph Gibson
HM1 Jarret Walters
MASR James Skillern
MASN Joshua Hartigan
MASN Porsha Hurley
MA2 Elena Paylor
MA1 Eric Bennet
ENS Brent Phillops
LTJG Edward Shaffery
LT Chahn Chess
LT Cynthia Rose
LT Stacty Scotton
LCDR Kari Martin
LCDR Franciso Wonpat
CAPT David Metzler

Farewells

September, October, November

AM3 Joshua Dresner
AM3 Christopher Miller
AO2 Kenneth Thomas
AO3 Zackary Morin
AT2 James Mooney
AT1 Jason Sandidge
HR Ryley Nezballa
HA Charles Brooks
HA Adam Fletcher
HN Kayla Blum
HN Kendal Bush
HN Amy Campbell
HN Zachary Delph

HN David Douglas
HN Timothy Dozier
HN Ronald Hammit
HN Todd Houff
HN Timothy Jansen
HN Cawontay Kegler
HN Wade Kotschwar
HN Fernando Lopez
HN Zachary Mayo
HN Thomas Mcculloch
HM3 Cornie Barrow
HM3 Renee Chemfor
HM3 Nicholas Cornett
HM3 Anthony Flowers
HM3 Jonathon Harrington
HM3 Kimjonard Hugo
HM3 Matthew Jackson
HM3 Jered Kotschwar
HM3 Jennifer Nuehring
HM3 Bryan Vandesande
HM3 Trevor Wagoner
HM3 Quinton Wimberly
HM2 Tyler Armstrong
HM2 Chan Bellamy
HM2 Damion Morris
HM2 Tela Richard
HM2 Jonisoncarl Rivera
HM1 Hamilton Barrington
HM1 Shawnti Lee
RP1 Jonathan Oliveros
YN1 Javoris McCutchen
LT Katheleen Handlers
LT Eva Reed
LCDR Gilberto Balderas
LCDR Richard Catharina
LCDR Tracy Swanson
CDR Nelida Toledo
CAPT Leo Prusinski
CAPT Robert Schlegel

Homecomings

October, November, December

HM2 Christopher Walker
HM1 Stephanie Jordan
HMC Robert Starkey
MA1 John Justiniano
LT Lindsay Dowdle
LT Adrian Felder
LT Terri Osner
LT Robert Reed
LCDR Gregory Thier

Deployments

November, December, January, March

HN Andrew Closson
HN Matthew Dehaven
HM1 Ioana Champagne
HM1 Chad Keast
MA3 Shadena Myers
HMC Kenneth Bush
HMC Gerald Ramones
LTJG Brenda Doss
LTJG Philip Richmann
LT Chahn Chess
LCDR Michael Clarke
LCDR Michael Conner

Ombudsman's Corner



I would like to take this opportunity to welcome our newest Ombudsman, Dennis Smith. Dennis grew up in a Navy family, his dad retiring as a Senior Chief Petty Officer in 1971. Dennis served in the submarine force for 24 years, retired from the Navy in 1998, and has been a Navy spouse for the past 13 years. The Smiths have five children, two of whom are still at home and another who is a SSGT in the USMC. Dennis has experienced all aspects of Navy family life, having watched his father deploy, deploying himself, and being the stay at home spouse with two small children when his wife deployed. Dennis and his family have been in Beaufort since July. Stop by the office, swap a parenting story or a sea story, and have a cup of coffee. His office hours will be Wednesdays from 0930-1400.

We are always looking to add depth to our team. So if you are the spouse of an active duty NHB service member and would like to join the NHB Command Ombudsman Team, please contact us to find out how.

We are looking forward to some great events in the near future including our first ever spouses' luncheon which will be held at the MCAS O'Club on Wednesday, Jan. 18, 2012, at 1100. This event is open to all NHB spouses. We hope that you will come and bring a friend! To RSVP for this event, call us at 843-228-5631 or e-mail us at NHBombudsman@med.navy.mil.

Also, please let us know if you would be interested in attending a L.I.N.K.S. for Navy class as unfortunately the November class had to be cancelled due to low participation. MCCS would be happy to reschedule another one after the New Year if there is interest. L.I.N.K.S. is a team-mentoring program which offers an orientation to the Navy and Marine Corps lifestyle and the unique challenges of military life while presenting information about many valuable resources available.

We want to wish all of our NHB families Happy Holidays! Enjoy this time with your families and remember we are here if you have any questions or concerns.

Your Naval Hospital Command Ombudsmen,
Kelly & Dennis
843-228-5631



Mr. Dennis Smith, Naval Hospital Beaufort Command Ombudsman, taking photos of the families of deployed service members.



Mrs. Kelly Morris, Naval Hospital Beaufort Command Ombudsman, in action.